

Fresh from the Farm: Planting Seeds for Future Generations



Sustainable Schools Symposium
Chicago, IL
April 1, 2011
Lindsey Arenberg, Seven Generations Ahead



Seven Generations Ahead



- 501 © 3 non-profit serving Chicago metro area and Midwest
- Mission to promote ecologically sustainable and healthy communities
- PlanItGreen, Green Town, Zero Waste and Fresh from the Farm



Farm to School Overview



- Four major components
 - Local food sourcing for school meal program
 - Nutrition education
 - School gardens
 - Farm connections
- 47 states with operational programs¹
- Estimated 2,250 US programs with more than 9,700 schools involved¹

¹Source: farmtoschool.org

Farm to School Goals



- Developing long-term healthy eating habits among children
- Educating children and parents about food sourcing
- Providing fresher, healthier, tastier, safer and more nutritious food to school children
- Supporting local farmers and local economy



Fresh from the Farm



- A farm to school program from Seven Generations Ahead
 - Initially focused on school lunch program; local food sourcing
 - Expanded to curriculum development
- Program goals:
 - Increase healthy eating among students, both in knowledge and behavior
 - Connect children to the source of their food and to the natural environment
 - Support local farmers raising food in ecologically responsible ways

Program Overview



- 8-10 week experiential program
- Hands-on lessons in the classroom
- Expeditions to local organic farms and learning centers
- Classroom visitors
- School gardens
- Parent education
- Teacher training



Classroom Curriculum



- Food identification and origins
- Cultivation, climate and seasonality of food
- Nutrition education and “Eating the Rainbow”
- Food tastings and vocabulary
- Opportunities for expansion

Expeditions to Local Organic Farms

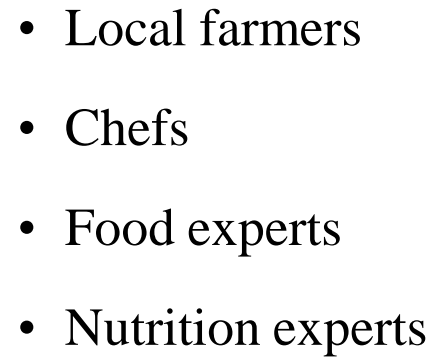


- Angelic Organics – Caledonia, IL
- Genesis Growers – St. Anne, IL
- Growing Power – Milwaukee, WI
- Prairie Crossing – Grayslake, IL
- Rooftop Garden at Uncommon Ground – Chicago, IL
- Gary Comer Youth Center – Chicago, IL

Expeditions to Local Education Centers



- Green Earth Institute – Naperville, IL
- Lincoln Park Zoo and Edible Garden – Chicago, IL
- Chicago Agricultural High School – Chicago, IL



School Gardens



- Importance of school gardens
 - Getting your hands dirty
 - Connecting healthy soils with healthy foods
 - Combating “nature deficit disorder”
- Support includes
 - Garden design, planning and implementation support
 - Curriculum development and implementation
 - Community tastings and “Harvest Meals”
 - Garden activities



Parent and Teacher Education



- Healthy Eating 101
- Healthy cooking basics
- Exercise and overall wellness
- Healthy fundraisers and parties
- School “Wellness Team” support

Comprehensive FFF Teacher Training Program



- **Session 1** – FFF curriculum and modeling in classroom
- **Session 2** – School garden development and exploration
- **Session 3** – Connecting to local farmers
- **Session 4** – Farm expedition



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Next Steps for SGA



- Fresh from the Farm Program
 - Direct implementation in limited schools
 - Partnership expansion with CPS, Chicago metro area districts, partner networks, low-income schools
 - Continued implementation of FFF teacher training and ongoing teacher support across Chicago metro area and throughout IL





Next Steps for SGA



- Farm to School
 - Continued comprehensive Farm to School consulting with Chicago area schools and districts
 - Coordination of local food procurement with program activities and curriculum
 - Development of FFF dedicated website and web-based resources to promote Farm to School
 - Work with partners to develop IL Farm to School organizational structure, strategic plan and implementation timeline





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Making a Difference With Partners



- HealthierUS Schools Challenge
- Michelle Obama's initiative to fight childhood obesity
 - Let's Move Campaign
 - Chefs Move to Schools Chicago
- Child Nutrition Act
- Communities Putting Prevention to Work (CPPW)



Imagine children...

*knowing local farmers by name and exploring their farms
in the spring and fall*



Imagine children...

Dirtying their hands in the soil planting and harvesting pineapple sage, sweet peppers and daikon radishes at school



Imagine children...

Knowing the seasons of the food that they eat



*Learning science, math, social studies, and writing
through gardens and food tastings*



Imagine children...

*Tasting varieties of organic and
local foods in school*



Imagine children...

Learning how beautiful fruits and vegetables provide them with nourishment they need



Imagine children...

*Eating school lunches
filled with apples, carrots,
and mixed greens raised
by local farmers*



Imagine children...

*Converting their leftovers into soil for next
seasons growing*



Contact Us



act@sevengenerationsahead.org

Phone: 708.660.9912

Fax: 708.660.9913

www.sevengenerationsahead.org

Lindsey Arenberg

708.660.9912

lindsey@sevengenerationsahead.org



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Thank You!

